HEALTH HERO™

Asthma and Allergy Foundation of America

Endorsed By
American Academy of Pediatrics

Supported by Astra®, a global leader in respiratory research.

ASTRA

Astra Inc., Westborough, MA 01581-4500

rayasystems™

2570 W. EL CAMINO REAL, SUITE 309
MOUNTAIN VIEW, CA 94040

PRINTED IN USA

U/SNS-AB6E-USA

rayasystems™

INSTRUCTION BOOKLET

KIDS TO ADULTS
K-A
AGES 6+

SUPER NINTENDO ENTERTAINMENT SYSTEM

Warning: Please read the enclosed consumer information and precautions booklet carefully before using your Nintendo hardware system or game pak.

This product has been rated by the Entertainment Software Rating Board. For information about the ESRB rating, or to comment about the appropriateness of the rating, please contact the ESRB at 1-800-771-3772.

Notice to parents and educators

Bronkie the Bronchiasaurus is a role-playing adventure in which players manage the asthma of dinosaurs who have asthma. This game is not intended to provide advice about a child's individual asthma care. Do not change a child's asthma care plan, medications, or medication schedule without a doctor's supervision.

Notice to game players

Congratulations for choosing *Bronkie the Bronchiasaurus*, a *Health Hero* video game for the Super Nintendo Entertainment System. Before you begin your asthma adventure, read this booklet carefully. It tells you how to play the game and gives you helpful hints on how to win.

LICENSED BY

Nintendo

NINTENDO, SUPER NINTENDO ENTERTAINMENT SYSTEM AND THE OFFICIAL SEALS ARE REGISTERED TRADEMARKS OF NINTENDO OF AMERICA INC.
©1991 NINTENDO OF AMERICA INC.

Official Nintendo Seal of Quality

THIS OFFICIAL SEAL IS YOUR ASSURANCE THAT NINTENDO HAS APPROVED THE QUALITY OF THIS PRODUCT. ALWAYS LOOK FOR THIS SEAL WHEN BUYING GAMES AND ACCESSORIES TO ENSURE COMPLETE COMPATIBILITY. ALL NINTENDO PRODUCTS ARE LICENSED BY SALE FOR USE ONLY WITH OTHER AUTHORIZED PRODUCTS BEARING THE OFFICIAL NINTENDO SEAL OF QUALITY.

TABLE OF CONTENTS

The Story 2

Player Action 3

Getting Started 4

The Asthma Adventure 5

How to Play 6

- Pick-ups
- Med-ups
- Dinosaur Status
- Asthma Questions
- Scoring
- Bonus Points
- Continue the Adventure

Managing Your Dinosaur's Asthma 10

- Daily Meds
- Asthma Triggers
- Peak Flow
- Asthma Management
  - Test Peak Flow
  - Use Inhaler for Emergency Meds
  - Sick Day Plan
  - Calling for Help
- Asthma Record

Credits 14

Limited Warranty 16

Let Us Hear from You 17

DINOSAUR FRIENDS JUMP INTO ACTION!

The prehistoric planet of San Saurian was a peaceful place where dinosaurs lived and worked together for many millennia. One fateful day meteors struck, leaving San Saurian smothered in clouds of dust. To survive the disaster, the clever citizens created a mighty wind machine to clear dust from the air.

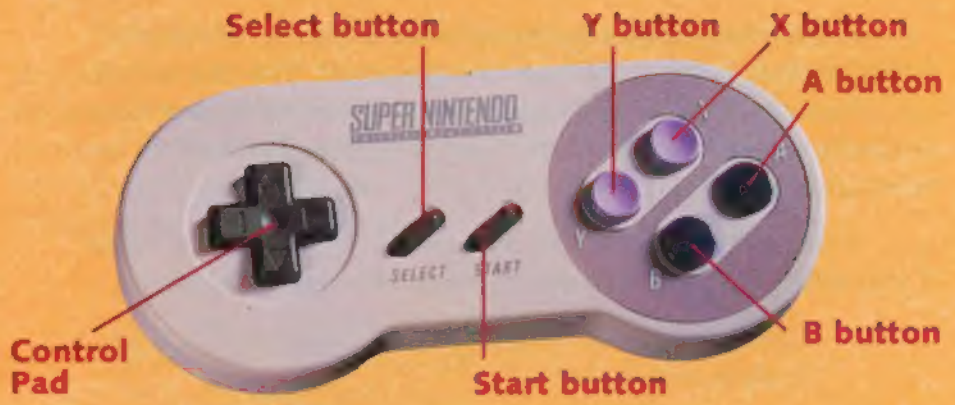
Then the greedy Tyrantosaurus, Rexo, seized control of San Saurian by stealing the core of the wind machine. His dinothugs scattered machine parts all over San Saurian's city, lake, jungle, sky, canyon, and caves.

And now, to make matters worse, the dust clouds are coming back!

Bronkie the Bronchiasaurus and his friend Trakie the Tracheratops are dinosaurs with asthma, just like their pals Sam and Kyla. Determined to save San Saurian, they set out to find the missing machine parts, bring them to Rexo's headquarters, and put them back together to make the wind machine work again.

On their adventure, the heroes must fend off dinothugs, outsmart dinobosses, and manage their asthma carefully. To succeed they must avoid the many asthma triggers they encounter along the way and make sure their peak flow stays high. Only then can the heroes use their strongest defense — the powerful breath blast.

PLAYER ACTION



Control Pad: Move up, down, left, or right

Up arrow: Grab a pole, climb up, or hold a horizontal rope

Down arrow: Duck or climb down

A button: Use a powerful breath blast to fend off enemies, even at a distance

B button: Jump up

B button + arrow key: Jump left or right

B button + up arrow key: Jump while hanging on a pole or rope

X button: Drop down from a pole

Y button: Use a foil to fend off enemies at close range

Start button: Start the game, respond to a question, or make a choice in the Options screen or Asthma Management screen

Select button: Pull up the Asthma Management screen

GETTING STARTED

Insert your *Bronkie* game pak into the Super Nintendo Entertainment System and turn the power on. The title screen will offer two choices: Start and Options. Use the up and down arrow keys to change lines and then press the Start button to select your choice.

If you select Start on the title screen, the game will begin. If you select Options, you can choose these game formats:

- **Team: Bronkies (Bronkie and Sam) or Trakies (Trakie and Kyla)**
- **Players: 1 or 2**
- **Sound: All, Effects (sound effects only), Music (music only), or Off**
- **Language: English or Spanish**

THE ASTHMA ADVENTURE

Bronkie the Bronchiasaurus helps you learn about asthma as you play the role of a dinosaur who has asthma. You make health decisions throughout the game and see how they affect your dinosaur. If you make smart choices and keep your breath blasts coming, victory will be yours! *Bronkie* is designed to give you practice and information about :

- **Taking daily medicine**
- **Using an inhaler and spacer**
- **Avoiding asthma triggers**
- **Monitoring peak flow**
- **Responding to changes in peak flow**
- **Using a sick day plan appropriately**
- **Reviewing the Asthma Record**
- **Basics of asthma self-management**

Before you begin each adventure level, Hazel the Knowallosaur gives you information to help you answer questions that appear later in that level. Hazel tells you about your respiratory system, asthma care basics, types of asthma medicine, what to do in an emergency, and how to handle some typical social situations. This information will become easier to remember the more you play the game.

Bronkie has a two-player option so you can play it with friends, family members, and clinicians. Players who don't have asthma may be curious about asthma, and this game can help them learn more about it. In a two-player game, players work together to fend off enemies, increase the score, and respond to asthma questions.

HOW TO PLAY

In *Bronkie* you set out to save San Saurian by gathering all the missing machine pieces—one in each of the 25 levels of play. Each adventure level has its own asthma triggers and dinothugs, and in some levels you must get past a dinoboss before the game will continue. Bronkie and his friends must venture from the city into many perilous places until they reach Rexo's headquarters where the wind machine must be reassembled.

Note: The paths Bronkie and Sam take through San Saurian are not always the same as the paths Trakie and Kyla can use. Play the game with each character and see how it changes!

Because Bronkie and his friends have asthma, you should take special care to keep their peak flow high. If your dinosaur's peak flow drops too low, you lose the use of your dinosaur's powerful breath blast—your best defense in the game. Also, as peak flow goes down, your dinosaur starts to cough and the picture gets darker and darker until it is impossible to see the game. To keep peak flow at its best, you must manage your dinosaur's asthma carefully. Avoid triggers, such as dust sacks and smoke, keep track of peak flow, and take medicine when needed.

Pick-ups

When the game begins, each dinosaur has three lives. This gives you three chances to save San Saurian. Each dinosaur also begins with five breath blasts, so you can blow your way through a sticky situation from the start.

Look what these dinomite pick-ups can do for you!

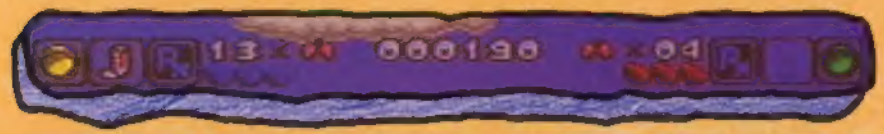
- **Lungs: Gain a breath blast to overcome dinothugs and dinobosses.**
- **Health flag: Gain part of an egg to prolong life.**
- **Dinosaur egg: Gain an extra life.**
- **Machine part: Get a missing machine part from Helper dinosaur Frank after you answer an asthma question correctly or get a machine part after you overcome a dinoboss.**

Med-ups

To restore peak flow after your dinosaur bumps into too many triggers or catches a cold, you will need to use a med-up. In each adventure level you can pick up one emergency meds inhaler and one sick day meds pack for your dinosaur to use when needed. Check your dinosaur's status at the top of the screen to find out if the med-up you need is available. You can use emergency meds and sick day meds only once in each adventure level, so be sure to avoid asthma triggers and Sneezers at all times! Med-ups do not carry over to the next level.

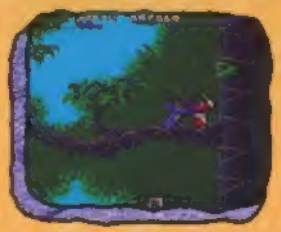
Dinosaur Status

To find out your dinosaur's status, look at the top of the screen. It tells you your dinosaur's peak flow level, which med-ups are available, how many breath blasts and lives remain, and the score. The traffic light shows whether your dinosaur's peak flow is in the **green**, **yellow**, or **red** zone.



Asthma Questions

In each adventure level, two Helper dinosaurs are waiting to ask you a question when you bump into them. You can only complete the level when you answer both questions correctly, so don't miss the asthma information that appears at the start of each adventure level on the Daily Meds screen. If you pick a wrong answer, the Helper will ask you to find Hazel. Move your dinosaur to the left, look around for Hazel, and bump into her to see the information you need. Then go back to the Helper and answer the question again.



After you answer asthma questions correctly, Helpers give you a boost over a wall or a ride over water or terrain that is hard to navigate. One Helper, a red dinosaur named Frank, gives you a missing piece of the wind machine.

Scoring

You can really rack up the points when you:

- **Eliminate enemies with a foil or breath blast**
- **Answer questions correctly**

Your dinosaur loses part of an egg each time you:

- **Touch a dinothug or its flying spit**
- **Walk on hot tar**

Bonus Points

Bonus points appear at the end of each level. You get bonus points when you keep peak flow in the **green** zone at all times, answer a question correctly the first time, or pick up an emergency meds inhaler or sick day meds pack. Win a special bonus for playing a perfect level: avoid every trigger, keep peak flow in the **green** zone; pick up both med-ups; and answer all questions right the first time.

Continue the Adventure

When you and your partner lose all your dinosaur eggs, the Continue screen appears. Select "yes" on this screen to return to the first level in the current world. For example, if you lose all your dinosaur eggs in the third level of Jungle world, you go back to the first Jungle level. You have three chances to continue in each game. After that, the game is over.

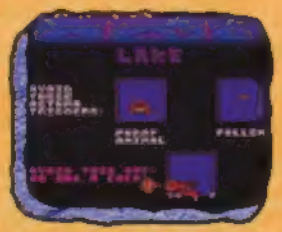
MANAGING YOUR DINOSAUR'S ASTHMA

Careful asthma management is your key to success. When peak flow drops, your dinosaur cannot use a breath blast, the picture becomes darker, and your dinosaur begins to cough. Keep peak flow high so your dinosaur is ready for action!

Daily Meds

Your dinosaur takes Daily Meds to keep peak flow high. On the Daily Meds screen at the beginning of each adventure level, you can read about asthma and see Bronkie and Sam, or Trakie and Kyla, using an inhaler. Watch them carefully. They are breathing slowly and deeply to get medicine into their lungs correctly.

Asthma Triggers



There are two asthma triggers in each adventure level. Also lurking in most adventure levels are Sneezers, who spray infectious droplets when they let loose with a big sneeze. Don't get too close! They carry cold viruses that are powerful asthma triggers for many people. If your dinosaur touches a trigger or gets hit with a sneeze and catches a cold, peak flow will drop.

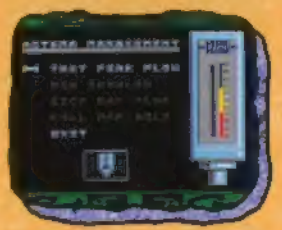
Peak Flow

Make sure to keep an eye on your dinosaur's status at the top of the screen. It shows your dinosaur's peak flow at all times. To find out more about the peak flow level, you can use a peak flow meter in the Asthma Management screen. Also, you can see your dinosaur's Asthma Record at the end of each adventure level. It shows the range of your dinosaur's peak flow in every adventure level you have played.

The peak flow meter in the game has three zones: **green** tells you that peak flow is fine; **yellow** indicates that asthma care can be helpful; and **red** warns you that asthma care is necessary or else it's time to call for help.

Your dinosaur's peak flow begins in the **green** zone and goes down every time you bump into an asthma trigger, such as smoke or pollen. Peak flow drops four times as fast when your dinosaur catches a cold from a Sneezer. Your dinosaur coughs occasionally if peak flow is in the **yellow** zone and coughs more frequently the more it drops. While coughing, dinosaurs cannot move or defend themselves against attacking enemies.

Asthma Management



When your dinosaur's peak flow is low and special care is needed, press the Select button to pull up the Asthma Management screen. The border of this screen is the same color as your dinosaur.

To manage your dinosaur's asthma when peak flow has dropped, you can:

- **Test peak flow**
- **Use an inhaler for emergency meds if peak flow is low**
- **Follow the sick day plan if your dinosaur has a cold**
- **Call for help only if peak flow is in the red zone**

Note: You must always test peak flow before you can use other Asthma Management options.

Test Peak Flow

To use the peak flow meter in the Asthma Management screen, press the Start button. Bronkie then shows you how he uses his peak flow meter. Press the Start button again and the meter shows your dinosaur's peak flow level.

Use Inhaler for Emergency Meds

The best time to use an emergency meds inhaler is when your dinosaur's peak flow drops into the yellow zone. Pull up the Asthma Management screen and test peak flow. Use the Down arrow key to place the arrow next to "Use Inhaler" and press the Start button. Bronkie then shows you how he uses his inhaler. Press the Start button again to see that peak flow has gone up.

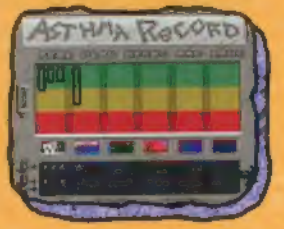
Sick Day Plan

Use a sick day meds pack when Bronkie, Sam, Trakie, or Kyla catch a cold. To follow the sick day plan, pull up the Asthma Management screen and test peak flow. Use the Down arrow key to place the arrow next to "Sick Day Plan" and press the Start button. When you press the Start button again, you can see that peak flow has gone back up.

Calling for Help

If peak flow goes into the **red** zone, your dinosaur coughs frequently and the picture becomes so dark that it is almost impossible to play. This is the right time to call for help, an option you can choose on the Asthma Management screen. To call for help, pull up the Asthma Management screen and test peak flow. Use the Down arrow key to place the arrow next to "Call for Help" and press the Start button. When you press the Start button again, you return to the beginning of the level with peak flow in the **green** zone.

Asthma Record



At the end of each adventure level you see the Asthma Record for your dinosaur and, in a two-player game, your partner's dinosaur. The Asthma Record tells you how well you have managed your dinosaur's asthma. It shows your dinosaur's peak flow range from each adventure level you've played and the medicines your dinosaur has taken: daily meds, emergency meds, and sick day meds.

CREDITS

Supported by Astra, a global leader in respiratory research

Supported in part by the U.S. Department of Health and Human Services, SBIR award number 1 R43 AI34821-01A1

Produced by Raya Systems

Executive Producer: Steve Brown

Producer: Beth Gemeny

Curriculum and Research Director: Debra Lieberman, PhD

Medical Director: Dale T. Umetsu, MD, PhD
Chief, Division of Allergy & Immunology, Department of Pediatrics, Stanford University School of Medicine and Attending Physician, Lucile Salter Packard Children's Hospital, Stanford, CA

Medical Advisors and Research Associates: Jacquie Ocon, RN
Division of Allergy & Immunology, Lucile Salter Packard Children's Hospital, Stanford, CA

Karen A. Hardy, MD, Chief
Kayla Harvey, RN, MSN, Pediatric Nurse Practitioner
Pediatric Pulmonary and Cystic Fibrosis Center, California Pacific Medical Center, San Francisco, CA

Phillip E. Korenblat, MD, Medical Director
Melissa Korenblat-Hanin, ACSW
Asthma Education/Social Services
The Asthma Center at Barnes West County Hospital, St. Louis, MO

Developed by WaveQuest

Executive Director: Aaron Baker

Technical Director: Lane Roathe

Lead Designer: Gabriel B. Manriquez

Project Manager: Susan Kelly

Programming: Donald E. Cherf, Jr.

Programming and Design: KJ Holm

Art and Design: Troy Bargatze
Chris Fregein

Art: Brandon Bickford
Pam Logan
Stephen Steinbach

Sound and Music: John Bartelt

Packaging and Graphics by Griffes Advertising

Creative Director: Lynn Griffes

Designer: Randy Urquhart

Bronkie has been reviewed and endorsed by the American Academy of Pediatrics

Michael Welch, MD, FAAP
Member, AAP Section on Allergy and Immunology

Stanley Szefler, MD, FAAP
Member, AAP Section on Allergy and Immunology

S. Norman Sherry, MD, FAAP
Member, AAP Committee on Communications

LIMITED WARRANTY

Raya Systems, Inc., warrants to the original purchaser only that the cartridge provided with this manual and the software program coded on it will perform substantially in accordance with the description in this manual when used with the specified equipment, for a period of 90 days from the date of purchase. If the program is found defective within 90 days of purchase, it will be replaced. Simply return the cartridge to Raya Systems, Inc., or its authorized dealer along with a dated proof of purchase. Replacement of the cartridge, free of charge to the original purchaser (except for the cost of returning the cartridge), is the full extent of our liability.

THIS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES WHETHER ORAL OR WRITTEN, EXPRESS OR IMPLIED. ALL IMPLIED WARRANTIES, INCLUDING THOSE OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, IF APPLICABLE, ARE LIMITED IN DURATION TO 90 DAYS FROM THE DATE OF PURCHASE OF THIS PRODUCT.

Raya Systems, Inc., shall not be liable for incidental or consequential damages for the breach of any express or implied warranty including damage to property and, to the extent permitted by law, damages for personal injury, even if Raya Systems, Inc., has been advised of the possibility of such damages. Some states do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so the above limitations or exclusions may not apply to you.

This warranty shall not be applicable to the extent that any provision of this warranty is prohibited by any federal, state, or municipal law that cannot be preempted. This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

Raya Systems, Inc.
Customer Service
(415) 949-2672

LET US HEAR FROM YOU

Bronkie the Bronchiasaurus is intended for children and teens who have asthma and other people who want to know more about it. They can play the game in homes, schools, recreational centers, hospital rooms, and clinics. Young people can play *Bronkie* alone or they can share it with friends and family members. The game can be a springboard for discussion, helping those who have asthma to share their thoughts, experiences, and feelings about asthma with others.

Bronkie is designed to be engaging, challenging, and fun. Players must make asthma management decisions successfully in order to win the game. As they make choices and see the consequences, young people with asthma can learn important skills and gain the confidence to manage asthma effectively in their own lives.

The staff at Raya Systems would like to know what you think. Please write us a note describing something about you, how you use the game, and how the game has affected you, your friends, and family. Also, if you have any suggestions for improving *Bronkie*, please let us know. We look forward to hearing from you.
Write to us at:

Raya Systems
2570 W. El Camino Real, Suite 309,
Mountain View, CA 94040

The Asthma and Allergy Foundation of America (AAFA) is a private not-for-profit organization dedicated to helping people with asthma and allergic diseases through education, support for research, and an array of services offered by a national circle of chapters and affiliated support groups.

For a packet of free information about asthma and allergies, call AAFA's toll free number: (800) 727-8462

or write: **Asthma and Allergy Foundation of America**
1125 15th Street NW, Suite 502
Washington, D.C. 20005
(202) 466-7643

LICENSED BY Nintendo

Nintendo, Super Nintendo Entertainment System and the Official Seals are registered trademarks of Nintendo of America Inc. © 1991 Nintendo of America Inc.

aafa Asthma and Allergy Foundation of America

Supported by Astra®, a global leader in respiratory research.

ASTRA

American Academy of Pediatrics

HEALTH HERO

rayasystems™

BRONKIE™, HEALTH HERO AND HEALTH HERO LOGO ARE TRADEMARKS OF RAYA SYSTEMS, INC.
© 1992-1995 RAYA SYSTEMS, INC.

U/P SNS-ABBE-USA PRINTED IN USA